



Emory Wellness Wednesday  
**NEWSLETTER**  
 Volume #5  
 April 15, 2020



## FINANCIAL HEALTH!

Happy Wednesday and welcome to the Wellness Wednesday Newsletter. This weekly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Our focus this week is on financial health. Please click the links for resources and information. Also, please submit your concerns and ideas to: [The Wellness Committee](#)



## FINANCIAL HEALTH

The COVID-19 pandemic has impacted our economy and personal finance. These suggestions are your first step of "preventive care" for your budget:

- Bookmark these [Emory Resources](#)
- Note the new tax deadline is July 15 for federal and [GA state taxes](#)
- Read the [Stimulus Package Info](#)
- Request [Mortgage Relief](#)
- Halt [Federal Student Loans](#)
- [Volunteer Lawyers And More!](#)

## COMMUNITY OUTREACH

For those looking to volunteer:

[Meals on Wheels](#)

[Hands on Atlanta](#)

Help connect kids for e-learning:

[Donate to Atlanta Public Schools](#)

## EMORY UPDATES



Consider teaming up to donate food to the [EUHM & Grady L&D Sign Up](#)

Email [Dr. Russell](#) recipes for the GYN/OB Cookbook

## HOME LIFE

### Music Lessons

Desmond Myers, a professional musician, is offering virtual music lessons (30 min) for ages 5 yr and up: piano, guitar, ukulele, and voice. Contact: 404-543-9154

Housing for Physical Distancing via [Discounted Hotels](#) or [Free RVs](#)

[Panel: Working & Caregiving](#)  
4/16 at 4pm

## SELF-CARE

### [Bike Ride & Commute with Betsy!](#)

Contact Dr. Collins for commuter biking lessons while traffic is light between April 8-17

### [FSAP Daily Refresh!](#)

Via Zoom daily, 2:30pm for 15 minutes

### [Mood Self-monitoring](#)

Save this page for daily use and weekly reports

**Suicide Prevention: 1-800-273-TALK (8255)**

### Health Tip of the Week

**Try to set a schedule each day, with breaks, and a finite end to the day to avoid working nonstop.**

### KUDOS!!!

*Dr. Denise Jamieson* who has demonstrated remarkable leadership not only within our department, but Emory as a whole, and nationally as well.

*Dr. Taniqua Miller* who organized the fundraiser for the residents and raised \$7440 or \$215 each!

*Dr. John Horton* who is a true leader for our department and has gone above and beyond for the staff and patients we serve in the Atlanta area and in Georgia.

# FRONTLINE MOMENTS

